Igoli lesi-3: Qondisisa Ukukhula Nwengane

| {Lesson: Care for Myself} | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwamukela futhi kuJabuChat! Kwakuhle ukukubona futhi. Lesi isifundo simayelana nokuzinakekela. Kujwayelekile ukukhathazeka njengoba ingane yakho ikhulma. Uma ekhula, ubudlelwano benu buyashintsha. Ukumelana nalokhu kahle, kufanele uzinakekele. Ukuzinakekela umsebenzi ozenzela wona ukuze uzizwe kangcono futhi wehlise ukukhathazeka.    Nakhu ongakwenza okulula mayelana nokuzelula nokunyakazisa umzimba wakho okungakusiza mayelana ne-stress sakho.  Masingene phakathi! | Zinakekele |  |
| Sukuma ulule zandla zakho ziyephezulu.  ...  Iba nesthomb'emqodweni lapho ududula wonke amafu uvulele ilanga ukuthi likukhanyisele.  ...  Zilule nhlangothi zombili.  ...  Zelulele phambili nangemuva. | {image care\_myself\_teen\_1} |  |
| Lengisa zandla zakho emaceleni.  ...  Nyusa mahlombe akho afike zindlebeni uqhubeka udonsa umoya, hlikihla amehlo akho, bese ubambe umoya.  ...  Dedela mahlombe akho ukhulule umzimba bese ukhipha moya. | {image care\_myself\_teen\_2} |  |
| Dedela izingalo zakho futhi uzivumele zijike ziye ngaphambili nangemuva. Phefumula kawu 4 ngenkathi wenza lokhu. Lokhu kuwusizo okhalweni lwakho.  ...  Dedela izingalo zakho uzivumele zijika jikele emaceleni, bese uphendu' phendula umzimba wakho wangasenhla. Izingalo zakho kumele zikushaye kancane emhlane njengoba uzisontela emaceleni. | {care\_myself\_teen\_3} |  |
| Beka unyawo olulodwa phambi kolunye bese wenza indingiliza ukusuka emaqakaleni, khumbula ukuphendukela ezinhlangothini zombili. Yenza izindingili ezine ngonyawo ngalunye nhlangothini zonke. | {image: care\_myself\_teen\_4} |  |
| Manje nyakazizsa wonke umzimba wakho ngoku shesha. Unyakaza uye phezulu! Unyakazise ushone phansi! Unyakazise nxazonke! | {image: care\_myself\_teen\_5} |  |
| Vala amehlo awakho futhi phakamisa izingalo kancane ngaphezu kwekhanda ube udonsa umoya. Yehlisela emaceleni izingalo zakho kancane kancane ngenkathi ukhipha umoya.  ...  Khuphula futhi wehlise izingalo zakho, udonsa umoya futhi uwukhipha, uphinde kane. | {care\_myself\_teen\_6} |  |
| Zinike isikhathi sokucabanga ngokwenzeke kuwe.  ...  Khumbula ungakwenza nanganoma isiphi isikhathi lapho uzizwa sengathi udinga ukukhipha ingcindezi futhi unikeze ingqondo nomzimba wakho amandla. | {care\_myself\_teen\_7} |  |
| Umsebenzi wakho wasekhaya ukuzama ukuzelula noma unyakaze okungenani kanye ngosuku. Ungakuzama manje? | Zinakekele  UMSEBENZI WASEKHAYA  Zelule futhi unyakaze nsuku zonke. |  |

| {Lesson: The Power of Play} | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona, usubuyile kuJabuChat, kwakuhle!  Lesi isifundo simayelana nokweseka ingane yakho ekutholeni intokozo ngokufunda ngendlela enokudlala nokujabula.  Ukudlala nengane yakho kubalulekile ekukhuleni kwakhe nokufunda esikoleni nangaphandle kwesikole. Lokhu kuyiqiniso kuzo ZONKE izingane, ngibala nalabo ebakhubazekile ngokomzimba nangengqondo.  Bowazi na ukuthi ukudlala kusiza ingane yakho ifunde ukuthi yini oyilindele kuyena emndenini nasemphakathini futhi ukuzwana nabanye?  Nawa amathiphu amabili okuthi ungenza ukufunda kubenokudlala nenjabulo enganeni yakho kanjani: Nyakaza futhi Uvumele Ukudala  Masiqhubeke. | Amandla Okudlala  NYAKAZA   VUMELA UKUDALA |  |
| Okokuqala, nyakaza.  Ukukubeka kalula, dlala imidlalo! Ukudala isikhathi sokuthi ingane yakho idlale futhi izijabulise kuzokwenza ukuphila kwakhe kubengcono ngokomzimba nangengqondo. Hhayi lokho kuphela, lesi sikhathi esimnandi singamusiza ukufufnda futhi ukukhumbula izinto ezibalulekile kangcono. Lokho kuhle uyabona?  Uma ingane yakho iqala ukuzizwa ihluleka ngokuhamba kosuku, musize ukwehlisa ukukhathazeka kwakhe ngokuthatha ikhefu noma ngokudlala ndawonye. Sebenzisa izinto ezithandwa ingane yakho noma ukuzivocavoca ukumusiza abe nendaba. Qala ngento elula bese kancane kancane wenza kube nzima.  Okwesibili, vumela ukudala.  Kubaluleke ngokufana, vumela ingane yakho idale izinto uma idlala. Ngokwesibonelo, ungakhuthaza ingane yakho ukudweba noma ukuya ngaphandle. Uma ingane yakho itshengisa ukuba nendaba nento entsha, khuluma naye ngakho futhi umsize ukuhlola leyonto ngokudlala.  Khumbula, ingane yakho ikubhekile futhi ifunda kuwena, ngakho ke iba isibonelo esihle. Dedela ingane yakho ikubone udala izinto futhi uzama into entsha, noma ungakakwazi ukuyenza kahle. | NYAKAZA   VUMELA UKUDALA |  |
| Ngokomsebenzi wakho wasekhaya, mema ingane yakho ukudlala nawe namhlanje Mukhuthaze ukuthi abuze imibuzo futhi ahlole izinto ezintsha ngokudlala. Unaso isikhathi namhlanje? | Amandla Okudlala  UMSEBENZI WASEKHAYA  Dlala nengane yakho |  |

| {Lesson: Learning from Experience} | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwamukela futhi kuJabuChat!  Isifundo sobuzali sanamhlanje ukusiza ingane yakho ngokufunda emaphutheni akhe. Ukufunda emaphutheni ethu kungasisiza ukuwavimba ngaphambili.  Kungasisiza futhi ukuthi sizeseke kakhulu futhi singaqini kakhulu uma izinto zingahambi kahle.  Nawa amathiphu amane ongawasebenzisa ukusiza ingane yakho ukufunda emaphutheni akhe: Khuluma, ncoma umzamo, vumela amaphutha enzeke, futhi yethula  Masifunde okwengeziwe ndawonye. | Ukufunda Ngokwesipiliyoni  KHULUMA   NCOMA UMZAMO   VUMELA AMAPHUTHA  YETHULA |  |
| Okuqala, khuluma.  Qala ngokwakha indawo lesikhathi sokuthi ingane yakho ikhulume nawe ngempilo yakhe. Uma ebe nosuku olunzima, thatha umzuzu ukumulalela ngeempela futhi umnikeze indawo yokwethula. Okulandela lokho, kubalulekile ukumeseka futhi utshengise ukuba nendaba. Phendula ngomusho onozwelo njengokuthi "lokho kuzakwala kunzima". | KHULUMA futhi umudedele ethule |  |
| Ithiphu yesibili ukuncoma umzamo.  Qiniseka ukuthi uncoma ingane yakho ngomzamo wakhe wokufunda noma engaphumelelanga. Khumbula, ukuzamainto kubaleleke kakhulu nokuyenza ngokuphelele | NCOMA UMZAMO, noma engaphumelelanga |  |
| Okulandelayo, vumela amaphutha ukuthi enzeke.  Ukuqala, vumela ingane yakho yenze amaphutha. Lokhu kuyamuvumela ukufunda emaphutheni akhe, ekugcineni kusiza ukuthi afunde futhi akhule.  Njengomzali, ungalingeka ukuthi uxazulele izinkinga zengane yakho, kakhulukazi uma wazi kangcono. Kodwa, lokhu angeke kumsize ukuxazulula izinkinga zakhe.  Esikhundleni, yenza kube injwayelo ukukhuluma nengane yakho ngamaphutha akhe futhi umvumele athole indlela yokulungisa izinkinga zakhe futhi wenze kangcono ngokuzayo. | VUMELA AMAPHUTHA enzeke, dedela ingane yakho ithole indlela |  |
| Okokugcina, yethula.  Zama ukwethula ukwehluleka kwakho enganeni yakho. Xoxa ngokuthi kukusize kanjani ukukhula. Ngokwenza lokhu, usiza ingane yakho ukufunda ukuthi akekho umuntu ongawenzi amaphutha. | YETHULA ukwehluleka kwakho |  |
| Umsebenzi wakho wasekhaya ukwethula indaba enganeni yakho ngesikhathi lapho owenza iphutha wafunda. Kungaba into owayenza usemncane noma esinye isifundo sempilo.  Ingabe naso isikhathi sokukwenza namuhla? | Ukufunda ngokwesipiliyoni  UMSEBENZI WASEKHAYA  Yethula indaba enganeni yakho |  |

| {Lesson: How Your Toddler is Changing} | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona, kwakuhle ukukubona futhi kuJabuChat!  Lesi isifundo simayelana nokusiza wena ngokweseka ukukhula kwengane yakho njengoba ekhula futhi eshintsha.   Izingane zinamakhono ahlukile ezigabeni ezehlukile ekukhuleni kwabo. Ngakho ke, kubalulekile ukubona amakhono engane yakho kulesi isigaba. Lokhu kukusiza ukuhlela imisebenzi yakhe ehambelana nezinto akwazi ukuzenza futhi kukusiza ukuthi ungalindeli okungaphezu kwamandla akhe. Kulesi isigaba sokukhula, izingane ziba nemibuzo ngandawo abakuyona futhi bafuna ukuzifundela ukwenza izinto. Bese bazoqala ukuhlola umhlaba kakhulu futhi kakwazise ngabo ngemizwa nangolimi.  Ukweseka ukukhula kwengane yakho, nawa amathiphu amathathu: Bekezela, hlola ngokuphephile, futhi khuthaza ukwethula.  Usulungele ukufunda ngokwengeziwe? | Umntwana Wakho Omncane Ushintsha Kanjani  BEKEZELA   HLOLA NGOKUPHEPHILE   KHUTHAZA UKWETHULA |  |
| Okokuqala, bekezela.  Thatha isikhathi sokubekezela uma ingane yakho ifunda izinto ezintsha. Kungabanzima ekuqaleni, kodwa khumbula, ngesikhathi nokujwayela, bazophumelela.  Ungameseka ngokumusiza benze imisebenzi emikhulu ube imisebenzi emincane ngendlela ehambelana neminyaka yakhe. Sebenzisa amagama akhuthanayo futhi uncome izinyathelo zakhe.  Ingane yakho isho imizwa yakhe ngendlela enehaba. Lokhu KULUNGILE! Ngokuhamba kwesikhathi, ingane yakho izofunda ukumelana nemizwa yakhe.  Okulandela lokho, hlola ngokuphephile.  Njengoba ingane yakho ikhula, izoba nemibuzo futhi azenzele ngokwengeziwe uma ebheka umhlaba akuwo. Bheka ukuthi wenzani, kodwa umukhuthaze ukuzama imisebenzi ejabulisayo ngokuphephile!  Ngokwesibonelo, uma ingane yakho ifuna ukwenza izinto iyodwa, njengokufasa izicathulo noma ukukama izinwele zakhe, thatha isikhathi umufundise futhi umusize ukukwenza ngokuphephile.  Okokugcina, khuthaza ukwethula.  Ingane yakho kungenzeka ingathandi ukuhluleka noma ukushintshisana ekuqaleni, kodwa umbono wokwethula ungafundiswa, kakhulukazi ngokudlala! Qiniseka ukuncoma umntwana wakho uma ethula izinto zabo nabanye ukumusiza afunde. | BEKEZELA   HLOLA NGOKUPHEPHILE   KHUTHAZA UKWETHULA | Animate words to text |
| Umntwana wakho uyashintsha futhi wenza umsebenzi omuhle ngokusiza ukukhula kwakhe!  Umsebenzi yakho wasekhaya ukuqeda ukuhlola kokukhula komntwana wakho. Ukuqala, bhala u KHULA. Uzokwazi ukuqeda ukuhlolwa namhlanje? | Umntwana Wakho Omncane Ushintsha Kanjani  UMSEBENZI WASEKHAYA  Qedela ukuhlolwa okumayelana nokukhula komntwana wakho. Ukuqala, bhala u KHULA | Ifoni eno Khula Esikrinini |

| {Lesson: How Your Young Child is Changing} | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona, kwakuhle ukukubona futhi kuJabuChat!  Lesi isifundo simayelana nokusiza wena ngokweseka ukukhula komntwana wakho njengoba ekhula futhi eshintsha.   Abantwana banamakhono ahlukile ezigabeni ezehlukile ekukhuleni kwabo. Ngakho ke, kubalulekile ukubona amakhono engane yakho kulesi isigaba. Lokhu kukusiza ukuhlela imisebenzi yakhe ehambelana nezinto akwazi ukuzenza futhi kukusiza ukuthi ungalindeli okungaphezu kwamandla akhe.  Kulemisebenzi, uzofunda ukuthi yini elindelwe kuye nokuzwana nabanye abantu. Uzoba nemibuzo eminingi mayelana nendawo akuyo.  Nawa amathiphu amabili awokweseka ukukhula kwengane yakho okunempilo kuleminyaka okuyo: funda ngokudlala futhi useke ukubuza kwakhe.  Usulungele ukufunda ngokwengeziwe? | Ingane Yakho Encane Ishintsha Kanjani  FUNDA NGOKUDLALA   YESEKA UKUBA NEMIBUZO |  |
| Okokuqala, funda ngokudlala.  Uma ingane yakho ekuleminyaka, dlala, dlala, dlala! Ngokudlala, ingane yakho izokwakha ubudlelwano nezinye izingane futhi aqondisise ukuzwana nabaye.  Ingane yakho kungenzeka ingathandi ukuhluleka, ukwethula noma ukushintshisana ekuqaleni, kodwa umbono wokwethula ungafundiswa. Ukudlala indlela enhle yokwenza lokhu. Qiniseka ukuthi uncoma ingane yakho uma elandela imithetho, amukela ukunqotshwa, noma edlala kahle nabanye.  Ithiphu yethu yesibili ukweseka ukuba nemibuzo.  Ingane yakho ingathola kunzima ukuhlukanisa iphupho emhlabeni wangempela, ngakho ke kungengenzeka ethule imizwa yakhe ngendlela enkulu engafanele. Ungakhathazeki, lokho kulungile ngokuphelele! Ngokuhamba kwesikhathi, ingane yakho izofunda ukuphatha imizwa yakhe.  Ingane yakho kungengenzeka ikhulume kakhulu futhi ibe nemibuzo eminingi. Ungamupha izimpendulo ezimfishane kodwa ezineqiniso ukwenelisa ukubuza kwakhe.  Khumbula, ingane yakho ingaphinda umbuzo noma ilandele ngeminye imibuzo ukuze afunde ngokwengeziwe. Ngezikhathi ezinjena, thatha ikhefu futhi uzole njengoba useka into ayithandayo ngokufunda uqhubeke uphendule. | FUNDA NGOKUDLALA   YESEKA UKUBA NEMIBUZO | Animate words to text |
| Ingane yakho iyashintsha futhi wenza umsebenzi omuhle ngokusiza ukukhula kwakhe!  Umsebenzi yakho wasekhaya ukuqeda ukuhlola kokukhula kwengane yakho. Ukuqala, bhala u KHULA. Uzokwazi ukuqeda ukuhlolwa namhlanje? | Ingane Yakho Encane Ishintsha Kanjani  UMSEBENZI WASEKHAYA  Qedela ukuhlolwa okumayelana nokukhula kwengane yakho. Ukuqala, bhala u KHULA | Ifoni eno Khula Esikrinini |

| {Lesson: How your child is Changing} | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona, kwakuhle ukukubona futhi kuJabuChat!  Lesi isifundo simayelana nokusiza wena ngokweseka ukukhula kwengane yakho njengoba ekhula futhi eshintsha.   Izingane zinamakhono ahlukile ezigabeni ezehlukile ekukhuleni kwabo. Ngakho ke, kubalulekile ukubona amakhono engane yakho kulesi isigaba. Lokhu kukusiza ukuhlela imisebenzi yakhe ehambelana nezinto akwazi ukuzenza futhi kukusiza ukuthi ungalindeli okungaphezu kwamandla akhe..  Izingane ezikulesi isigaba ziqala ukuzethula ngokufuna ukuzimela nokuthenjwa.  Baqala ngokuzithathela izinqumo, futhi bangaphendula abantu abadala ukutshengisa ukuthi bayayazi impendulo elungile. Kodwa futhi, bazotshengisa imizwa ngezindlela zabo ezikhethekile.  Nawa amathiphu amathathu okweseka ukukhula kahle kwengane yakho kuleminyaka: thola abangani, Yeseka ukuba nemibuzo, futhi ukuthemba ingane yakho  Usulungele ukufunda ngokwengeziwe? | Ingane Yakho Encane Ishintsha Kanjani  THOLA ABANGANI   YESEKA UKUBA NEMIBUZO   THEMBA INGANE YAKHO |  |
| Okokuqala, thola abangani.  Ingane yakho izothanda ukuchitha isikhathi nezinye izingane. Ngakho ke, yeseka ingane yakho ngokuthola abangani abathanda akuthandayo. Lokhu kungamusiza ukwakha ubudlelwano nezinye izingane. Siza ingane yakho ukufunda ukwabelana futhi nokudlala nabanye ngendlela ephephile futhi ejabulisayo.  Ithiphu elandelayo ukweseka ukuba nemibuzo.  Ingane yakho izoba nendaba nokufunda esikoleni futhi kungenzeka abe nezifundo azithandayo. Khuthaza ukuthi abuze wena noma uthisha ngezihloko angiziqondi. Ingane yakho kungenzeka iqale ukwethula ukuba nendaba nezenkolo noma ezomoya. Uma lokhu kwenzeka, unganika ingane yakho izimpendulo ezimfishane neqiniso.  Okokugcina, themba ingane yakho.  Ingane yakho kungenzeka iqale ukuzithathela izinqumo. Uzofuna ukuthi umuthembe. Khumbula ukulalela ukuthi ingane yakho ifuna ini bese usetha imithetho esebenzela umndeni. Qiniseka njalo ukuncoma ingane yakho uma ilandela imithetho! | THOLA ABANGANI   YESEKA UKUBA NEMIBUZO   THEMBA INGANE YAKHO | Animate words to text |
| Ingane yakho iyashintsha futhi wenza umsebenzi omuhle ngokusiza ukukhula kwakhe!  Umsebenzi yakho wasekhaya ukuqeda ukuhlola kokukhula kwengane yakho. Ukuqala, bhala u KHULA. Uzokwazi ukuqeda ukuhlolwa namhlanje? | Ingane Yakho Encane Ishintsha Kanjani    UMSEBENZI WASEKHAYA  Qedela ukuhlolwa okumayelana nokukhula kwengane yakho. Ukuqala, bhala u KHULA | Ifoni eno Khula Esikrinini |

{Course:Understand Teen Development}

| {Lesson: Care for Myself} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Siyakwamukela futhi kuJabuChat! Kwakuhle ukukubona futhi. Lesi isifundo simayelana nokuzinakekela. Kujwayelekile ukukhathazeka njengoba ingane yakho ikhulma. Uma ekhula, ubudlelwano benu buyashintsha. Ukumelana nalokhu kahle, kufanele uzinakekele. Ukuzinakekela umsebenzi ozenzela wona ukuze uzizwe kangcono futhi wehlise ukukhathazeka.    Nakhu ongakwenza okulula mayelana nokuzelula nokunyakazisa umzimba wakho okungakusiza mayelana ne-stress sakho.  Masingene phakathi! | Zinakekele |  |
| Sukuma ulule zandla zakho ziyephezulu.  ...  Iba nesthomb'emqodweni lapho ududula wonke amafu uvulele ilanga ukuthi likukhanyisele.  ...  Zilule nhlangothi zombili.  ...  Zelulele phambili nangemuva. | {image care\_myself\_teen\_1} |  |
| Lengisa zandla zakho emaceleni.  ...  Nyusa mahlombe akho afike zindlebeni uqhubeka udonsa umoya, hlikihla amehlo akho, bese ubambe umoya.  ...  Dedela mahlombe akho ukhulule umzimba bese ukhipha moya. | {image care\_myself\_teen\_2} |  |
| Dedela izingalo zakho futhi uzivumele zijike ziye ngaphambili nangemuva. Phefumula kawu 4 ngenkathi wenza lokhu. Lokhu kuwusizo okhalweni lwakho.  ...  Dedela izingalo zakho uzivumele zijika jikele emaceleni, bese uphendu' phendula umzimba wakho wangasenhla. Izingalo zakho kumele zikushaye kancane emhlane njengoba uzisontela emaceleni. | {care\_myself\_teen\_3} |  |

| {Lesson: Mental Changes in the Teen Years} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Siyakwamukela futhi kuJabuChat.  Kulesi isifundo, sifunda ngoshintsho abantwana abasebasha abadlula kulo ekukhuleni kwabo. Namhlanje, sizofunda ngoshintsho elwenzeka engqondweni yomntwana wakho osemusha.  Nakhu okufanele ukwazi mayelana nokukhula kwengqondo yomntwana wakho osemusha nokuthi ukhuluma kanjani naye ngakho: Umgqondo okhulayo,  Ukuzimela ngokwengeziwe,  Futhi ukweseka umntwana wakho osemusha.  Masifunde kabanzi ndawonye. | Izinguquko Zengqondo Eminyakeni Yezingane Ezisakhula  UMGQONDO OKHULAYO  UKUZIMELA NGOKWENGEZIWE  INDLELA YOKWESEKA UMNTWANA WAKHO OSEMUSHA |  |
| Okokuqala, kubalulekile ukuqondisisa ukuthi ingqondo yomntwana wakho osemusha iyashintsha. Ingqondo yengane yakho ayikaze ishintshe ngalesisivinini kusukela iseyingane encane. Kujwayelekile ukuthi abantwana abasebasha baziphathe ngezindlela ezingozi ukuze bahlole ukuthi yini evumelekile, kakhulukazi uma ijabulisa. Lokhu ukuziphatha okuvamile.   Khumbula: Abantwana abasebasha ababinalo ikhono lokucabangela phambili njalo nngokuthi impatho yabo izobenzani noma izokwezani kwabanye abantu.  Okulandelayo sizobheka ukuthi abantwana abasebasha bazimela ngokwengeziwe kanjani. Abantwana abasebasha basendleleni yokuba ngabantu abadala futhi ukuzimela ngokwengeziwe. Babancono ekethulweni imibono yabo futhi bacabanga kakhulu ngamagoli esikhathi eside kanye nekusasa labo.  Okokugcina, ungeseka umntwana wakho osemusha kulolushintsho ngalezi izindlela. Ungahola izinqumo zabo ngokubhalansisa imithetho nemikhawulo ngokuzimela. Zama ukuyinikeza inkululeko yokuzithathela izinqumo lapho ibonisa ukuthi ingakwazi ukuziphendulela futhi izibophezele ngezenzo zayo. Okubaluleke kakhulu, yeseka, thanda, futhi ube muhle emntwaneni wakho osemusha. Lokhu kumusiza aziwe ezolile futhi esondelene nawe, futhi maningi amathuba okuthi acele usizo noma izeluleko kuwe. | UMGQONDO OKHULAYO  UKUZIMELA NGOKWENGEZIWE  INDLELA YOKWESEKA UMNTWANA WAKHO OSEMUSHA |  |
| Umsebenzi wakho wasekhaya ukusebenzisa isikhathi senu nobabili nodwa ukuvumela umntwana wakho osemusha ukukhetha noma yini afuna ukukhuluma ngayo. Lalela lokho eseke yahlangabezana nakho futhi ugweme ukwehlulela. Qaphela indlela ozizwa ngayo futhi uqaphele nemizwa yabo. Bonga ingane yakho ngokukhuluma nawe. Ungakwazi kwenza namuhla? | Izinguquko Zengqondo Eminyakeni Yezingane Ezisakhula  UMSEBENZI WASEKHAYA  Khuluma nomntwana wakho osemusha ngesihloko esikhethwa nguyena |  |

| {Lesson: Social Changes in the Teen Years} | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwamukela futhi kuJabuChat! Kulesi isifundo sizoqhubeka sifunde ngoshintsho umntwana wakho osemusha azobhekana nalo uma ekhula. Namhlanje sizohlola ushintsho lokuhlangana kwabantu.  Nakhu okudingeka ukwazi mayelana nokuzijabulisa kwengane yakho uma inabanye abantu kanye nendlela ongaxoxa nayo mayelana nalokhu.  Asiqaleni. | Izinguquko Zomphakathi Eminyakeni Yezingane Ezisakhula |  |
| [1] Okokuqala, masifunde ngezimpilo zokuhlangana nabantu zabantwana abasebasha.  Ukuba nabangani kubaluleke kakhulu kumntwana wakho osemusha ngoba kumusiza ukufunda ukuba ngumngani oqotho nokuqondisisa imizwa yabanye abantu kancono. Lokhuh inxenye enkulu yokukhula nokuba ngumuntu omdala. Umntwana wakho osemusha angafuna ukuzizwa ekhululekile nontanga bakhe futhi enze izinto abanye abathi zidumile. Bangakhuluma noma baqgoke njenga banye ngesikhasthi besazama ukuzithola ukuthi bangobani. Ngezinye izikhathi, uma abantwana abasebasha bahluleka ukuthola abangani, kungenzeka bahlukunyezwe ngabanye abantwana.  Okulandelayo Masihlole izindlela zokweseka umntwana wakho osemusha. Dedela umntwana wakho osemusha azame izimpahla ezihlukile nezithayela zezinwele futhi achithe isikhathi nabantu abahlukile. Kubalulekile ukumutshengisa ukuthi uyamamukela, ngendlela ayiyona.  Tell your teen what you expect of them, but give them the freedom to make safe choices at home or outside, such as how to spend their free time.  Finally, you can help your teen know the difference between good and bad influences in their lives by sharing some facts with them.  Good friends look out for you, care about you, include you in activities, and treat you with respect.  Umhlukumezi umuntu oqhubekayo ngokuzama ukulimazi abanye, ngokubenza bazizwe kabi noma ngokusebenzisa amandla akhe uba mubi.  Ukuqeda ukuxhashazwa esikoleni, kubalulekile ukuba nomusa nokubahlonipha abanye. Lokhu kwenza wonke umuntu azizwe ejabule futhi ephephile esikoleni. | SOCIAL LIFE Having friend is very important  UKWESEKA  Accept them as they are  YABELANA NGAMAQINISO  about good and bad influences |  |
| Your home activity is to use one-on-one time to talk to your teen about their friends. Ufisa ukuchitha isikhathi esithe xaxa nabani? Ubani oyisibonelo esihle eklasini? Mlalele umntwana wakho futhi ukwamukele akushoyo.  Unaso isikhathi sokukwenza lokhu namuhla? | Izinguquko Zomphakathi Eminyakeni Yezingane Ezisakhula  HOME ACTIVITY  Talk to your teen about their friends. |  |

| {Lesson: Physical Changes in the Teen Years (M+F)} | | |
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| Script | On Slide Text | Animation Notes |
| Welcome back to JabuChat!  In this lesson, we continue to learn about the changes your teen may experience as they get older. Today, we are exploring their physical changes. These changes are part of the phase of reaching sexual maturity called puberty.  Talking openly with your teen about the changes they are experiencing in their body can help them reduce their stress around these changes and care for themselves  Here is what you need to know about your teen’s developing body and how to talk with them about it:  Khuluma [pause]  Funda  [pause]  Bese Uyeseka  Masifunde kabanzi ndawonye. | Izinguquko Emzimbeni Eminyakeni Yezingane Ezisakhula  XOXA  FUNDA  UKWESEKA |  |
| First, Talk.  Siza umntwana wakho ekutheni aqonde ukuthi kuyinjwayelo ukudlula kwizinguquko zomzimba ngesikhathi sokuthomba.  Mtshele umntwana wakho ukuthi lezizinguquko zenzeka kuwo wonke umuntu nanokuthi akayedwa.  [2] Next, Learn.  Provide your teen with truthful information about puberty, sex, and the changes they are experiencing. This will help them make good decisions to stay healthy and safe. Encourage them to ask questions and seek help if they need it.  [3] Okokugcina, meseke umntwana wakho. Khuthaza umntwana ukuthi akhe imikhuba emihle efana nokudla ngendlela ehlelekile, ukulala ngokwanele nokuzivocavoca njalo. Help them find activities they enjoy doing to feel confident and strong in their body.  Help your teen think about the consequences of their behaviours without shame or blame. Guide them on where they can find information to inform their decisions. | XOXA  Remind your teen that these changes are normal for everyone  FUNDA  The facts about puberty  UKWESEKA  Develop healthy habits and explore new things together! |  |
| Remember, to help your teen manage the physical changes they are experiencing, you can  talk,  learn,  and support.  Your home activity is to complete your teen’s development assessment. To get started, type {GROW}. Can you complete the assessment today? | Izinguquko Emzimbeni Eminyakeni Yezingane Ezisakhula  XOXA  FUNDA  UKWESEKA  HOME ACTIVITY: Complete your teen's development assessment. To get started, type GROW | Phone with Grow on Screen |